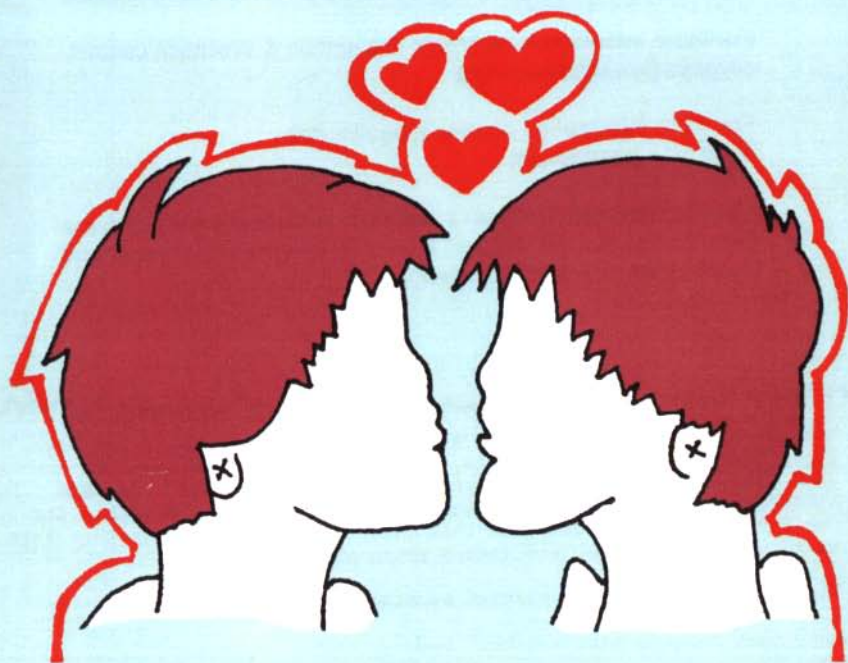


# A YOUNG MALE'S guide to...

♥ AN INFORMATIVE ZINE  
FOR GUYS WHO LIKE GUYS. ♥  
♥



# ★ WHO DOES CASCADE AIDS PROJECT THINK THEY ARE?! ★

CASCADE AIDS  
PROJECT

6020 SW 5th Ave. Suite 300  
PORTLAND, OR 97204

★ CALL:

503.223.5907

VISIT:

CASCADEAIDS.ORG

This zine was commissioned by the  
**Men's Prevention & Wellness Department**  
of Cascade AIDS Project.

**Our Mission:** to create sexually healthy and happy people and communities by reducing stigma, intolerance, and isolation; while increasing dialogue and providing information and the means to create positive change in individuals, groups, and communities.

For more information on Men's Prevention & Wellness contact  
[cityguys@cascadeaids.org](mailto:cityguys@cascadeaids.org)

For more information on men's health visit  
[www.man2manpdx.us](http://www.man2manpdx.us)

Look for **CityGuys**, our men's outreach team that goes out in the bars, clubs, and bathhouses providing information, support and supplies for men who like men.

The intended audience for this zine is young guys who have sex with guys, their friends, supporters, and those who provide services to YMSM. The intended age(s) are those who are 18 and over. Cascade AIDS Project and Men's Prevention & Wellness is not responsible for the actions of those who read this zine; the information in this zine is provided to empower and inform young guys.

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# ☆ A YOUNG MALE'S GUIDE ☆

AN INFORMATIVE ZINE FOR BOYS WHO LIKE  
BOYS... BUT DEFINITELY NOT LIMITED TO BOYS!

INSIDE THIS ZINE YOU'LL FIND INFORMATION ON:

MATH.

COMMUNICATION.

STIs.

RESOURCES.

ANATOMY.

HEPATITIS.



HIV/AIDS.

LOVE.

CONDOMS.

BODY  
IMAGE.

HEALTH.

...AND A WHOLE LOT MORE. DUH!

# COMMUNICATION?!

WHY WOULD ANYONE WANNA TALK ABOUT SEX?

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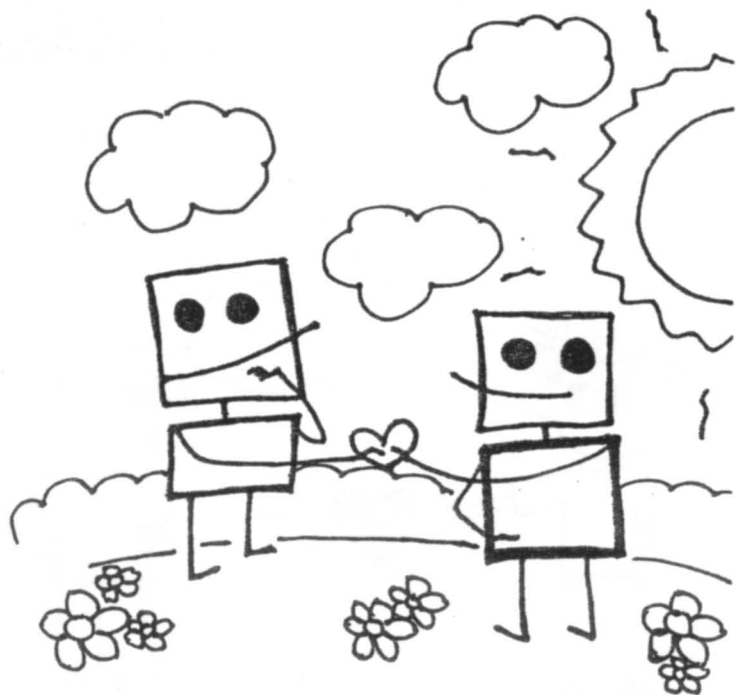
OPEN COMMUNICATION BETWEEN PARTNERS IS KEY TO A HEALTHY RELATIONSHIP... COMMUNICATION IS NECESSARY TO SET BOUNDARIES, GAIN UNDERSTANDING OF WANTS & NEEDS AND BUILD TRUST. [AMONG OTHER THINGS, OF COURSE.]

• **BOUNDARIES**: BOUNDARIES ARE GENERALLY DEFINED AS HOW "FAR" ONE WILL OR WILL NOT GO. THESE CAN BE FORMED BY INFLUENCE OF FAMILY, PEERS, MEDIA AND/OR RELIGION. BOUNDARIES AREN'T SOMETHING YOU NECESSARILY WRITE DOWN EACH DAY... NOR ARE THEY SET IN STONE... IT'S JUST WHAT YOU FEEL COMFY PARTICIPATING IN. [I.E. "THERE ARE JUST SOME THINGS I DON'T FEEL COMFORTABLE DOING..."]

• **WANTS & NEEDS**: THIS ONE IS PRETTY SELF-EXPLANATORY... IT'S WHAT YOU WANT, NEED OR EXPECT OUT OF THE RELATIONSHIP. THIS IS EXTREMELY IMPORTANT TO DISCUSS, BEFORE ENGAGING IN ANY SORT OF SEXUAL ACT. WITHOUT ANY KNOWLEDGE OF YOUR PARTNER'S EXPECTANCIES, IT COULD LEAD TO POTENTIALLY EMBARRASSING SITUATIONS AND BROKEN HEARTS. ☺ IF YOU OR YOUR PARTNER[S] DON'T FEEL COMFORTABLE DISCUSSING THESE ISSUES, PERHAPS SUCH SEXUAL ACTS SHOULD BE THOUGHT OVER AGAIN...

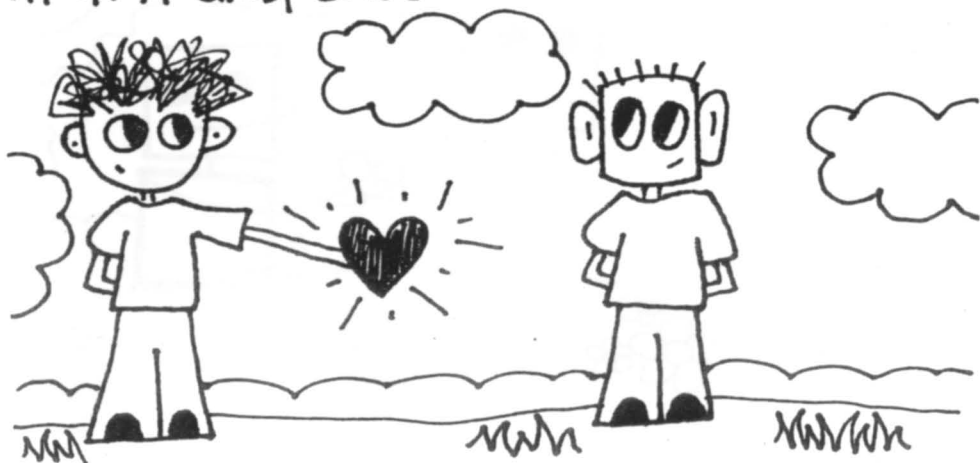
• **TRUST**: A DEMONSTRATION OF TRUST IS

BASICALLY THE FOUNDATION OF ANY HEALTHY SEXUAL RELATIONSHIP. TRUST BUILDS FROM COMMUNICATION, AND CAN CREATE INTIMACY AND TOGETHERNESS. WHEN YOU RELY ON YOUR PARTNER WITH YOUR SEXUAL HEALTH, IT'S LIKE PUTTING YOUR LIFE IN THEIR HANDS. BE SURE TO WEIGH YOUR VALUES WHEN WITH SOMEONE... BECAUSE ALTHOUGH YOU MAY TRUST THEM 100%... PEOPLE MAKE MISTAKES. [WE ARE ONLY HUMAN.]



# SOMETIMES WE JUST NEED SOME... ♡ L.O.V.E. ♡

Here's the deal... At some point in your life if it HASN'T HAPPENED ALREADY you're gonna be in a relationship with someone that is different than you... it doesn't MATTER if that relationship lasts 24 hours or 2 years. And it doesn't MATTER if your differences are between choice of music, religion or HIV/STD status. get it?... **it doesn't MATTER!** the sooner you start getting over issues like these, the sooner stigmas are erased. WANNA know the secret to getting over these differences? it's a little thing called: **COMMUNICATION.** [yeah... it's really that easy.] acknowledge that we're HUMAN and move on. you can call it LOVE. ACCEPTANCE. WHATEVER... just PRACTICE it on a daily basis.



# ♡ BODY♡IMAGE♡...♡

... THINK ABOUT HOW MUCH ENERGY YOU'D HAVE IF YOU WEREN'T CONSTANTLY STRESSING OVER:  
**YOUR FEET. YOUR HAIR. YOUR WEIGHT. YOUR MAKEUP**  
WHAT IF YOU SPENT YOUR MORNINGS BEING EXCITED ABOUT THE DAY, INSTEAD OF WISHING YOU WERE JUST FIVE POUNDS LIGHTER?...

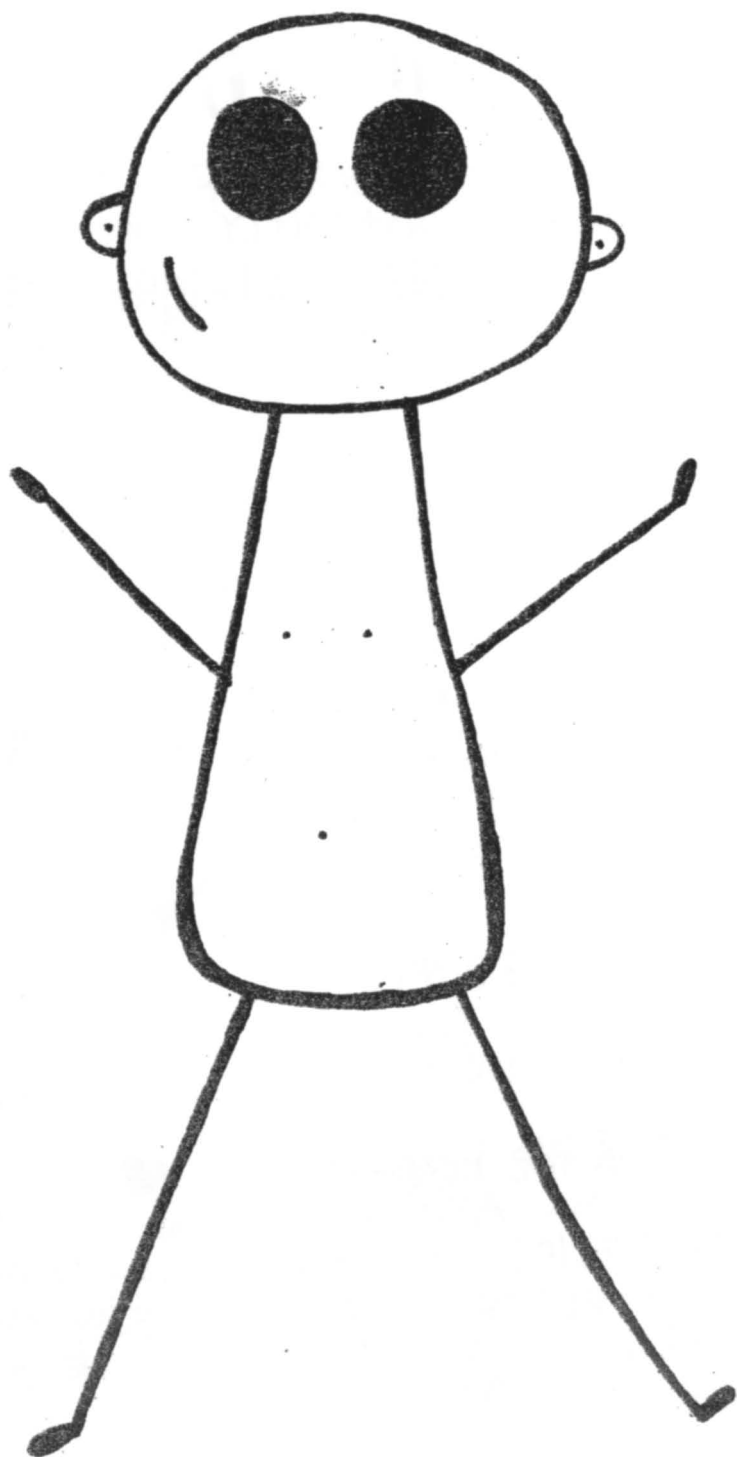
... HERE'S YOUR ASSIGNMENT: ON THE MAP, ON THE NEXT PAGE, CIRCLE THE PARTS OF YOUR BODY YOU DON'T LIKE. DRAW HEARTS AROUND THE PARTS YOU DO LIKE.

... HERE'S THE GOAL:  
TRY TO HAVE MORE HEARTS THAN CIRCLES... EVEN IF IT'S JUST ONE!

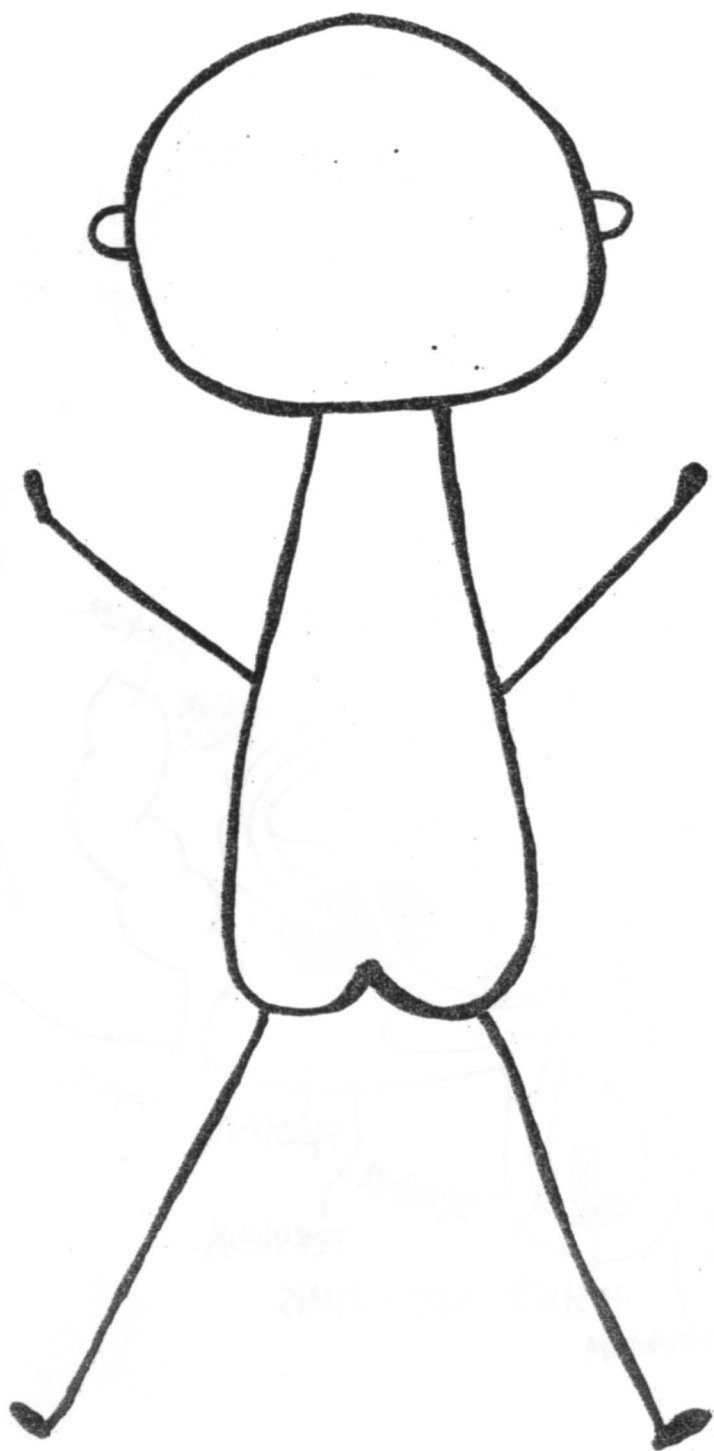
... WHEN YOU'RE DONE:  
EVALUATE WHY YOU CHOSE WHAT YOU DID...

... FOCUS ON THE HEARTS:  
FORGET ALL ABOUT THOSE CIRCLES! FIND ANOTHER WAY TO EXERT ENERGY! FLABBY ARMS OR CHUBBY THIGHS SHOULD NOT RUIN YOUR DAY OR EVEN MAKE YOU CHANGE CLOTHING...



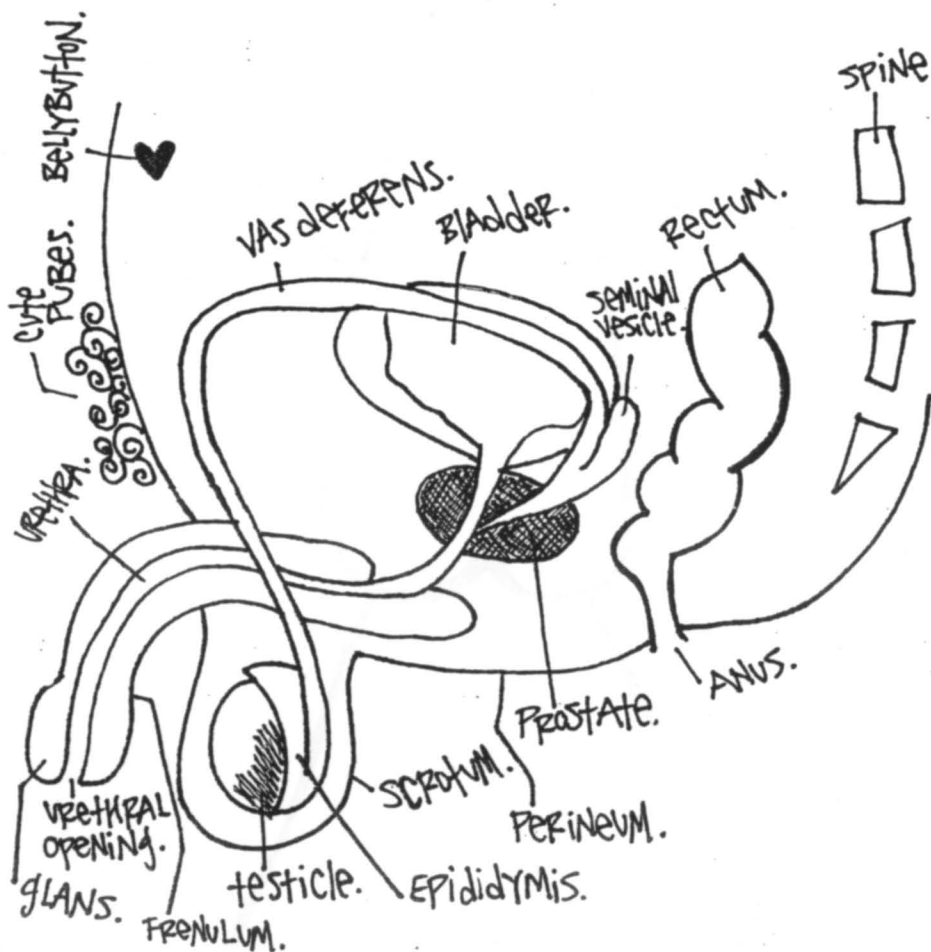






# MALE ANATOMY 101.

... i'm sure everyone learned this in elementary school, but a little refresher couldn't hurt! [check out the next page for all the details.]



• **FRENULOM**: A VERY SENSITIVE THIN STRIP OF SKIN ON THE UNDERSIDE OF THE PENIS. [CONNECTS THE HEAD TO THE SHAFT!]

• **URETHRAL OPENING**: YOUR "PEE HOLE." DUH.

• **URETHRA**: THIN TUBE THAT RUNS FROM THE BLADDER TO THE URETHRAL OPENING... IT TRANSPORTS URINE FROM THE BLADDER AND PROSTATIC FLUID FROM THE PROSTATE & SEMEN FROM THE TESTICLES WHEN YOU EJACULATE. WOOL!

• **TESTICLES**: OR TESTES. THESE BAD BOYS PRODUCE TESTOSTERONE AND SPERM. THE SPERM EXIT THE TESTICLES INTO THE EPIDIDYMIS... WHICH CONNECTS TO THE VAS DEFERENS.

• **SCROTUM**: THE SACK THAT KEEPS YOUR TESTICLES COZY AND SAFE. [AWW!]

• **VAS DEFERENS**: TWO SMALL TUBES THAT CONNECT TO THE EPIDIDYMIS TO THE URETHRA FOR SPERM EXPULSION. [COLLECTING SEMEN INGREDIENTS ALONG THE WAY.]

• **SEMINAL VESICLE**: PRODUCES NUTRIENTS FOR SEMEN.

• **SEMEN**: WHITE GOLD. COME. MAN JUICE... A MIXTURE OF SPERM, PROSTATIC FLUID, AND NUTRIENTS. EXPULSED FROM THE URETHRAL OPENING DURING EJACULATION.

• **ANUS**: YOUR BUM-HOLE. THE EXTERNAL OPENING OF THE DIGESTIVE TRACT. CONSISTS OF TWO SPHINCTER MUSCLES THAT FORM THE INCH-LONG, TUBE-LIKE ANAL CANAL.

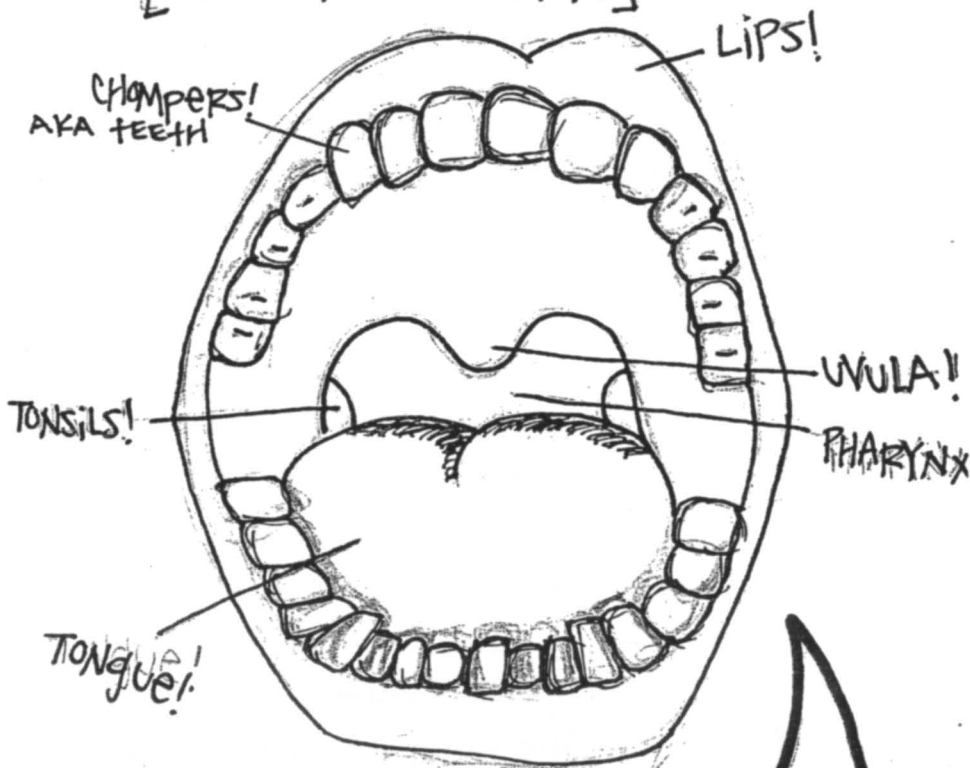
• **THE EXTERNAL SPHINCTER**: YOU CONTROL THIS... MOST OF THE TIME, AT LEAST.

• **THE INTERNAL SPHINCTER**: ABOUT AN INCH PAST THE FIRST SPHINCTER. TYPICALLY RESPONDS INVOLUNTARILY.

• **RECTUM**: TRANSPORTS FOOD FROM THE LARGE INTESTINE TO THE ANUS. [OUTTA THE BODY.] IT'S DESIGNED PURELY AS A PASSAGEWAY... IT'S THE COLON WHERE FECES IS STORED. AKA POOP CHUTE. YOUR ASS.

# MOUTH

[AKA ORAL CAVITY!]



ORAL CARE IS EXTREMELY IMPORTANT ESPECIALLY IF YOU ARE ENGAGING IN ORAL SEX... THE MORE PROBLEMS YOU HAVE IN YOUR MOUTH AND THROAT, THE HIGHER RISK YOU'RE AT IF EXPOSURE TO AN STI OCCURS. ♥ SOME TIPS: DON'T EAT CRUNCHY FOODS BEFORE PERFORMING ORAL. DON'T SWALLOW. IF YOU WANT FRESH BREATH: USE AHOIDS.

# LOVIN' YOUR FORESKIN.

[IN CIRCUMCISION - HAPPY AMERICA...]

ROUTINE CIRCUMCISION BEGAN IN THE 1880'S...

THANKS TO A MAN NAMED JOHN HARVEY KELLOGG.

[YEP. FOUNDER OF THE CEREAL COMPANY.] THIS ANTI-MASTURBATION ACTIVIST BELIEVED THAT BOYS WOULDN'T PLAY WITH THEMSELVES IF THE FORESKIN WASN'T THERE TO RUB ON THE HEAD OF THE PENIS.

**BOY OH BOY WAS HE WRONG!**... LESS THAN 10% OF NEW BORN BOYS ARE CIRCUMCISED IN THE UK...

ASIDE FROM INCOME BOOSTS, THERE ARE NO MEDICAL REASONS TO PERFORM ROUTINE DICK DOCKING. [A U.S. PHYSICIAN MAKES \$150-\$300 FOR EACH TEN MINUTE PROCEDURE.] MMMHMM!



♥ THERE ARE, HOWEVER, PLENTY OF REASONS WHY BOYS ARE BORN WITH FORESKINS... RICH IN NERVE ENDINGS, KEEPS THE HEAD OF THE PENIS MOIST, AND YOU HAVE ADDED SLIDING PLEASURE FOR INTERCOURSE & MASTURBATION! ♥ ♥ ♥

...REGARDLESS OF BEING CIRCUMCISED OR NOT... PENISES COME IN DIFFERENT SIZES, SHAPES AND COLORS. SO YOU SHOULD LOVE YOUR PENIS! [IT'S THE ONLY ONE YOU'VE GOT.]

✓ CHECK OUT: [CIRCUMCISION.ORG](http://CIRCUMCISION.ORG) ★



# HEY BOYS: TOUCH YOUR BALLS.

NO, SERIOUSLY. DOCTORS RECOMMEND THAT MEN AGES 15-35 GIVE THEMSELVES SELF-EXAMS EACH MONTH. [BUT DO IT MORE IF YOU'D LIKE...] TESTICULAR CANCER HAS RISEN 25% OVER THE PAST 20 YEARS. AND SINCE THERE IS LIMITED RESEARCH AS FOR THE CAUSE, IT'S VITAL THAT EVERYONE IS AWARE OF THE SYMPTOMS. THEY INCLUDE: A LUMP. CHANGE IN SIZE OF ONE OF THE TESTICLES. A DULL ACHES IN THE LOWER STOMACH OR GROIN. [THESE SYMPTOMS MAY ALSO BE CAUSED BY INFECTIONS OTHER THAN CANCER.]

♥ HERE'S THE DEAL... DO A SELF-EXAM ONCE A MONTH AFTER A WARM BATH OR SHOWER. [THE HEAT CAUSES THE SCROTAL SKIN TO RELAX.] ♥ THE INDEX & MIDDLE FINGERS SHOULD BE PLACED UNDER THE TESTICLE, WHILE THE THUMBS ARE ON TOP. ROLL THE TESTICLE GENTLY BETWEEN THE THUMB AND FINGERS. [ONE MAY FEEL LARGER THAN THE OTHER... THAT IS NORMAL.] ♥ FEEL FOR CHANGES THAT WEREN'T THERE BEFORE.

**THE EPIDIDYMISS:** IS CORD-LIKE. IT CAN BE FELT ON THE TOP AND BACK OF THE TESTICLES. IT STORES AND MOVES SPERM. IT MAY BE SENSITIVE TO TOUCH. DON'T CONFUSE THIS WITH A LUMP.



♥ IF YOU FEEL A LUMP, CALL YOUR DOCTOR. NOT ALL LUMPS ARE CANCER. TESTICULAR CANCER ALMOST ALWAYS OCCURS IN ONLY ONE TESTICLE. REGULAR TESTICULAR SELF-EXAMS ARE IMPORTANT... SO, GO TAKE A SHOWER AND CHECK FOR LUMPS.



# X MARKS THE SPOT.

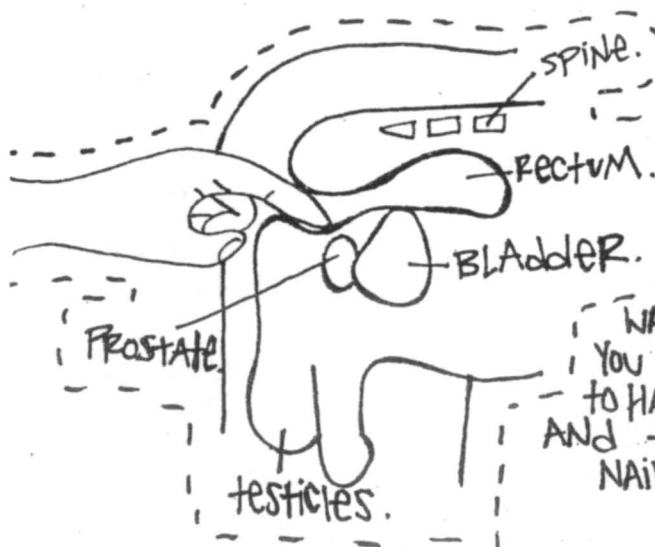
••• Your guide to finding the prostate gland.

— WHICH SOME BOYS MIGHT CALL TREASURE. ••• —

YOU MAY HAVE HEARD THE PROSTATE GLAND BEING  
REFERRED TO AS THE "MALE G-SPOT"... THIS IS  
BECAUSE WHEN IT'S STIMULATED, IT CAN  
INCREASE ORGASM SENSATION HIGHLY...

★ IT'S TRICKY TO FEEL YOUR OWN PROSTATE. MOST  
MEN FIND IT EASIER TO DO WHILE IN THE  
SHOWER, WHERE SOAP CAN BE USED AS A LUBE.  
IT CAN BE FELT BY INSERTING A FINGER INTO  
THE ANUS. THE PROSTATE IS LOCATED AT THE  
BASE OF THE BLADDER, AND SHOULD BE  
NO LARGER THAN THE AVERAGE WALNUT.

! IF IT'S ANY LARGER, CALL YOUR PHYSICIAN. ALSO,  
IF IT'S TOUGH AND FIRM IN TEXTURE YOU SHOULD  
GET AN EXAM BY YOUR DOCTOR.



♥ IF YOU'RE GOING  
TO HAVE SOMEONE  
ELSE STIMULATE  
YOUR PROSTATE,  
MAKE SURE YOU'VE  
DONE IT BEFORE.  
[IT'S THE ONLY  
WAY TO KNOW WHAT  
YOU LIKE.] MAKE SURE  
TO HAVE CLEAN FINGERS  
AND TRIMMED  
NAILS.

# MASTURBATION

♥ DOWN'T ♥ BREAK HEARTS... ♥

...AS IF YOU REALLY NEEDED A REASON TO MASTURBATE... BUT JUST IN CASE, I'LL GIVE YOU THREE! [DEAL?]

1.) EJACULATION FLUSHES OUT YOUR PROSTATE... MAKING IT ALL SHINY AND NEW. 2.) IT'S LIKE SIT UPS FOR YOUR CROTCH! WORK THOSE MUSCLES! 3.) MASTURBATION CAN BUILD STAMINA... SAY GOOD-BYE TO PREMATURE EJACULATION.

...HOW ABOUT SOME TIPS? NO ONE KNOWS YOUR BODY LIKE YOU DO, BUT HERE SOME WAYS TO SPICE UP YOUR BOYS-NIGHT-IN SESSIONS...

♥ IT'S ALL ABOUT ACCESSORIES: A WELL LOVED TUBE SOCK. COCK RING. VELVET BLANKET. A PILLOW. BLOW-UP DOLLS. PORN. LUBE. ... GET CREATIVE, DUDE!

♥ DON'T FORGET ABOUT YOUR BOYS: TUG AT YOUR BALLS, RUB EM', TALK TO EM', MASSAGE EM'... JUST DON'T FORGET TO SHOW EM SOME LOVE.

♥ EXPERIMENT: WITH YOUR BREATHING. DIFFERENT LOCATIONS. BUST OUT SOME ICE, FEATHERS OR THE MIRROR. DO IT WHILE SOMEONE'S WATCHING. ... THE POSSIBILITIES ARE ENDLESS, GENTLEMEN!

♥ PENIS UH-OH'S... THE ONLY TIME MASTURBATION MAY BREAK YOUR HEART...


● DON'T PUT YOUR PENIS IN THINGS THAT IT MIGHT GET STUCK IN. OUCH!

● DON'T WORRY ABOUT THE SIZE OF YOUR BOAT... IT'S THE MOTION OF THE OCEAN THAT COUNTS. DON'T USE PUMPS OR PILLS TO ENHANCE YOUR 'MANHOOD.'

● DON'T LOOK IT IN THE EYE... SEMEN BURNS. [yes, even other people's eyes. DUH.]



# MENTAL & PHYSICAL HEALTH! ☆



MAINTAINING YOUR HEALTH IS  
SUPER IMPORTANT! AND PRETTY  
EASY... TO MAKE IT EVEN EASIER,  
HERE'S A LIST OF THINGS THAT  
WILL KEEP YOU HAPPY & ENERGETIC!

## ☑ ROUTINE CHECK-UPS...

MAKING SURE YOUR SHOTS ARE UP  
TO DATE. CHECKING YOUR BLOOD  
PRESSURE. EXAMINING YOUR LYMPH  
NODES. [KNOWING YOUR FAMILY'S  
HISTORY WILL MAKE THINGS EASIER,  
TOO.]

## ☑ SOCIAL SUPPORT...

HAVING A SOCIAL NETWORK [WHETHER  
IT'S FRIENDS OR FAMILY] IS  
VITAL. THIS WAY YOU HAVE AT LEAST  
ONE PERSON TO TALK TO AND  
CONFIDE IN.

## ☑ BEING ACTIVE...

GO OUT WITH FRIENDS. EXERCISE  
BE SOCIAL! INVOLVE YOURSELF  
IN SCHOOL AND COMMUNITY  
ACTIVITIES.

# HOW TO GET YOUR GROOVE ON...

... WITHOUT ACTUALLY GROOVIN'!/?

☆ FLUID FREE GROOVIN' PUSHES PEOPLE TO BE MORE CREATIVE WHEN IT COMES TO INTIMACY AND HAVING A SATISFYING SEXUAL EXPERIENCE. IT'S A GREAT IDEA FOR THOSE WHO ARE POSTPONING FROM SEX, IT OFFERS AN OPPORTUNITY TO BREAK OUT OF ROUTINE AND THEY ARE ALL SAFE, LOW-RISK ACTIVITIES. [LOW RISK = NO EXCHANGE OF FLUID. VAGINAL OR SEMEN.]

☆ USE THE FOLLOWING IDEAS AS GUIDELINES.  
USE EM' TO OPEN DISCUSSION. USE EM' TO GET A COUPLE LAUGHS. USE EM' TO SPARK IDEAS. ELABORATE ON EM'.

☆ ENJOY!

[- CREATE YOUR OWN IDEAS - - - - -]

dress each other.

DRY HUMMING  
SAVES LIVES.

SKINNY  
DIPPING.

STRIPTEASE.

BUILD A  
FORT.

MUTUAL  
MASTURBATION.

USE  
BLINDFOLDS.

Bike  
Rides.

erotic  
text  
messages.

SHARE  
FANTASIES.

LAP  
DANCE.

drive over speed  
bumps while holding hands

EAT POP  
ROCKS WHILE  
MAKING OUT.

SIT ON THE  
WASHING MACHINE  
TOGETHER.

WEAR EACH OTHER'S  
UNDERWEAR.

SHARE A SLEEPING  
BAG...IN THE BACKYARD

CHOCOLATE.

HAVE A PICNIC  
IN A SECLUDED  
PARK.

LOOK AT PORN  
OR STARS.

MASSAGES.

BODY PAINT.

Leave Note  
in secret  
spot

TAKE PICTURES  
OF EACH OTHER.

READ EROTIC POETRY  
TOGETHER.

# SEXUALLY TRANSMITTED INFECTIONS

♥ YEAH. YEAH. YEAH. WE'VE ALL HEARD IT BEFORE... "I'M CLEAN." ASIDE FROM THIS BEING DEGRADING TO THOSE THAT DO HAVE STI'S, HERE'S THE SCOOP... MOST STI'S SHOW ABSOLUTELY NO SYMPTOMS. [FRIES!] AND WITH AMERICA HAVING THE HIGHEST RATE OF INFECTIONS, THE "I'M CLEAN" LINE SHOULD MAKE YOU RUN THE OTHER WAY. [OR AT LEAST TO A NEARBY CLINIC.]... BUT IF THAT'S NOT ENOUGH TO GET YOU TO CALL A DOCTOR, 1 IN 5 PEOPLE CURRENTLY HAVE AN STI & 1 IN 4 WILL CONTRACT ONE BY THE AGE OF 24. STILL NOT CONVINCED? MOST STI'S WILL INCREASE YOUR CHANCE OF CONTRACTING HIV.

♥ WHETHER IT'S DENIAL, SHAME OR LACK OF EDUCATION... SOMETHING IS KEEPING PEOPLE FROM TALKING OPENLY ABOUT SEX. WHICH IN THE LONG RUN KEEPS THEM FROM TAKING CARE OF THEIR OWN HEALTH AND THOSE THEY LOVE/JUST FOR. STIGMA AND SHAME ARE BY NO MEANS AN EXCUSE TO NOT TALK TO PARTNERS, FRIENDS OR PARENTS ABOUT SEX.

♥ **MORAL OF THE STORY:** IN A PERFECT WORLD, EVERYONE WOULD BE MAKING DATES AT THE LOCAL STI CLINIC BEFORE ENGAGING IN SEX. BUT! SINCE THAT ISN'T IDEAL FOR ALL SITUATIONS AND RELATIONSHIPS, YOU SHOULD AT LEAST BE AWARE OF WHAT'S OUT THERE AND HOW TO PROTECT YOURSELF FROM THOSE NOT-SO-EXCITING FACTORS OF LIFE...



## - HUMAN PAPILLOMA VIRUS. AKA HPV - -

Also known as genital warts, HPV is the most widespread of all STIs, infecting 5 million people a year. Symptoms are warts in the urethra, anus and sometimes the throat. These sores are soft to the touch, may look like cauliflower and itch. The problem with genital warts is that they are spread through oral sex, often despite condom use, because they can appear on areas not protected by the condom. There is no cure for HPV, but there are many treatments available which reduce the risk of transmission and severity.

## - CRABS & SCABIES. - - - -

Both of these cause itching, small bumps, rash and discomfort in the genital area. Crabs can be seen with the naked eye, while scabies may need a clinical diagnosis. Both are spread by bedding and contact with the pubic area, or things like towels and clothing. Treatment for crabs can be purchased as an over the counter shampoo, while scabies treatment is prescription based.

## - CHLAMYDIA. - - - -

Chlamydia causes discharge from the penis, pain while urinating, frequent urinations, abdominal pains, nausea, fever and swelling of the rectum and/or testicles. 50% of men with Chlamydia show no symptoms. This infection is curable, using antibiotics. It's preventable by proper condom use.

## - SYPHILIS. - - - -

Primary symptoms include wet open sores on genitals, mouth or anus. If left untreated it can cause rashes, fatigue, hair loss, sore throat, muscle pains, and fever. Syphilis is spread mother-to-child, by anal, oral and vaginal sex, and through kissing while open sores are present. Syphilis is curable and can be treated with antibiotics. It's preventable by proper condom use.

## - HERPES. - - - -

Known as a cold sore when it's present on the mouth, the two types of herpes can also be spread to the genitals. Symptoms include blisters, sores and rashes of the genitals, anus or mouth. Herpes on the mouth can be transmitted to the genitals and the other way around. There is no cure, but the symptoms can be treated. Using a condom during an outbreak reduces the risk of transmission, but always tell your partners first.

## - GONORRHEA. - - - -

Symptoms for gonorrhea include discharge and pain during urination. 10% of men show no symptoms. If left untreated, it can cause heart problems, sterility and arthritis. It's spread through vaginal, anal and oral sex. This infection is treatable using antibiotics. It's preventable by proper condom use.

★ these descriptions are not intended to diagnose any infections... for more info on STIs and testing check out the resources.

YOUR OWN STI GUIDEBOOK!

# CONDOMS!



THE good, BAD & UGLY...

## LATEX...

MADE OF DURABLE RUBBER, THEY ARE THE MOST WIDELY USED AND CHEAP!

PREVENT: HIV & MOST STD'S.  
& PREGNANCY.

## POLYURETHANE...

STRONGER THAN LATEX, POLYURETHANE IS AN EXCELLENT ALTERNATIVE FOR THOSE WITH LATEX ALLERGIES. BUT MORE SPENDY.

PREVENT: HIV & MOST STD'S.  
& PREGNANCY.

## NOVELTY...

THESE ARE THINGS LIKE "WORLD'S SMALLEST CONDOM." DON'T USE EM' FOR ANY KIND OF SEX...

PREVENT: NOTHING!

## ANIMAL SKIN...

USED BACK IN THE DAY FOR PEOPLE WITH LATEX ALLERGIES... THE TINY PORES MAKE THEM WORTHLESS AGAINST HIV & STD'S.

PREVENT: PREGNANCY.

ALWAYS STORE CONDOMS IN A COOL, DARK PLACE. NOT YOUR WALLET OR A PLACE THAT THEY COULD GET PUNCTURED... EXPOSED TO HEAT/FRICTION... ETC.

# STI TESTING... HOOORAY!

...JUST LIKE HIV, IF YOU ARE HAVING SEX [WITH MAN, WOMEN, MULTIPLES OF.] YOU SHOULD GET AN STI SCREENING EVERY THREE MONTHS. ESPECIALLY SINCE STIS CAN HIDE IN YOUR THROAT AND ASS. **BUT!** MOST STIS DON'T SHOW SYMPTOMS... [CAN I STRESS GETTING TESTED EVERY THREE MONTHS ENOUGH?] BUT OF COURSE, IF YOU ARE EXPERIENCING A DRIP FROM YOUR CROTCH OR BUMPS AROUND THE ASS, YOU SHOULD GET IT CHECKED OUT ASAP! [MOST CLINICIANS WILL BE ABLE TO TEST AND TREAT YOU FOR AN STI AT THE SAME TIME, IN THESE CASES.]

**THERE'S A WAY:** THE WAY YOU ARE TESTED DEPENDS ON WHAT ACTIVITIES YOU ENGAGE IN... JUST BE HONEST WITH YOUR TESTER. [DUH!] IN MOST CASES, ALL RESULTS ARE READY IN 7-14 DAYS, DEPENDING ON LOCATION.

♥ **BLOOD DRAW:** A SAMPLE OF YOUR BLOOD IS TAKEN. [MOSTLY FOR SYPHILIS, HIV, & HEPATITIS.]

♥ **CULTURES:** A CLINICIAN WILL SWAB: A) YOUR THROAT. B) YOUR URETHRA C) YOUR ANAL CAVITY ...OR ANY COMBINATION OF THE THREE.

♥ **URINE:** A SAMPLE OF YOUR PEE IS TAKEN. [MOSTLY FOR GONORRHEA.] MOST PLACES DON'T OFFER THIS, SO ASK YOUR CLINICIAN.



# HIV 101!

the LOWDOWN ON  
HIV/AIDS... **TAKE**  
**NOTES!** USE 'EM!

**H**UMAN: ONLY AFFECTS HUMANS. THAT'S IT!

**I**MMUNODEFICIENCY: BREAKS DOWN THE IMMUNE SYSTEM!

**V**IRUS: CANNOT CURE. TRANSMITTED BY A VIRUS.

**A**cquired: YOU HAVE TO CONTRACT IT SOMEHOW...

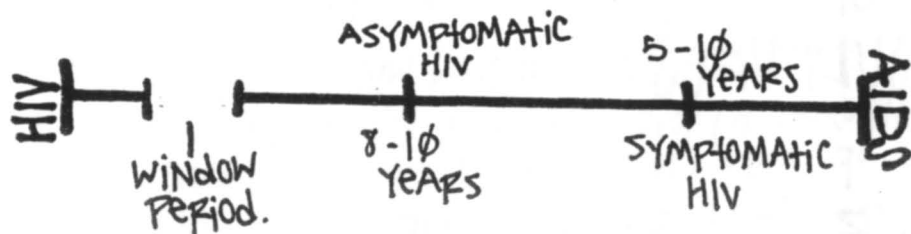
**I**MMUNO: YOUR IMMUNE SYSTEM.

**D**EFICIENCY: LACKING IN EFFICIENCY.

**S**YNDROME: A COLLECTION OF SYMPTOMS/ILLNESSES.

THE DIFFERENCE BETWEEN HIV AND AIDS IS  
THAT HIV REFERS TO THE ACTUAL VIRUS AND  
**AIDS** IS SEEN AS THE FINAL STAGE IN HIV  
PROGRESSION.

## HIV TIMELINE



...EACH TIMELINE VARIES FROM PERSON TO PERSON.  
NO ONE HAS THE SAME ONE! MEDICATION AND A HEALTHY  
LIFESTYLE HELP TO PROLONG IT...



• **INITIAL CONTRACTION:** WHEN A PERSON IS FIRST EXPOSED TO HIV THEY MAY EXPERIENCE FLU-LIKE SYMPTOMS 2-4 WEEKS LATER.

• **WINDOW PERIOD:** HERE'S THE TRICKY PART... HIV IS UNDETECTABLE ON TESTS FOR 3-6 MONTHS AFTER TRANSMISSION. IT TAKES YOUR BODY THIS LONG TO DEVELOP THE ANTIBODIES IN WHICH YOU ARE TESTED FOR. [ALTHOUGH IT DOESN'T SHOW UP ON TESTS, IT'S POSSIBLE TO SPREAD HIV FROM DAYONE.]

• **ASYMPTOMATIC:** DURING THIS PERIOD, YOU DON'T SHOW ANY SYMPTOMS AT ALL.

• **SYMPTOMATIC:** THIS IS WHERE A PERSON MAY START TO SHOW SYMPTOMS... WHICH INCLUDE: NIGHT SWEATS. NAUSEA. COLDS. DIARRHEA. FEVERS. THESE SYMPTOMS MAY LAST FOR MONTHS...

• **AIDS:** THIS IS SIMPLY A CLASSIFICATION. THERE IS NO DEFINITE DIFFERENCE BETWEEN AN HIV+ PERSON AND ONE WITH AIDS. TECHNICALLY, AIDS IS DIAGNOSED WHEN A PERSON'S T-CELLS DROP BELOW 200. [PER DROP OF BLOOD.] ONCE SOMEONE IS DIAGNOSED WITH AIDS, THEY ALWAYS HAVE IT, EVEN WHEN THEIR T-CELLS RAISE.



• YOUR T-CELLS DIRECT YOUR B-CELLS TO FIGHT OFF INFECTIONS. HIV KILLS YOUR T-CELLS, PREVENTING YOUR B-CELLS FROM KEEPING YOU HEALTHY.

# HIV TESTING

getting tested for HIV CAN BE HARD AND SCARY, BUT IT'S INCREDIBLY IMPORTANT! [Especially if you are having sex with other dudes or multiple people.] Getting tested every three months is a great way to stay in control of your health...

## ★ WHEN YOU GET TESTED FOR HIV:

the tester will ask you various personal [and potentially embarrassing] questions... you may find yourself blushing while trying to answer these questions... just remember to be 100% honest. they've heard it all. together, you guys will develop a plan specific to you, that will help you stay safe in the future.

## ★ THE MANY WAYS TO GET TESTED:

- BLOOD DRAW: A sample of blood is sent off to a lab. You'll get results in 7-14 days.
- ORASURE: An oral fluid sample is sent to a lab. You'll get results in 7-14 days.
- ORAFIX: A sample of blood is taken from your finger [just a tiny prick!] You'll get your results in 20 minutes.
- ORAFIX ADVANCED: This uses oral fluid [no blood!] and you'll get your results in 20 minutes.

[All tests are 99.9% accurate! each one! yeah!]

# WHAT IF IT COMES BACK POSITIVE?!

- A.) A positive test result is just a preliminary result... You'll need to receive a second test to confirm that you are HIV positive. [Receiving your confirmatory results is extremely important. They can help you receive services, including medical.]
- B.) It's not a death sentence. Learning about the disease is your best defense. Don't be afraid to seek out answers to your questions or just express how you are feeling. If you don't feel like going to your close friends or family there are people who can guide and assist you. If you don't feel like talking to anyone... No problem.

# WHAT IF IT COMES BACK NEGATIVE?!

- A.) Don't forget about the window period! The test will only show results for everything you engaged in before the last three months.  
EXAMPLE: You got tested on May 15th, the test will only represent for anything prior to February 15th.
- B.) Refer to the plan that you and your tester came up with. Often.

# HEPATITIS A

It's estimated that about 150,000 peeps get Hepatitis A each year. Most of the infections are from unknowingly ingesting infected poop. But it can be transmitted through blood, too. The virus can live on its own for about four hours at normal room temperature. [on hands. silverware. etc...]

## • POPULAR FORMS OF TRANSMISSION

ARE: RIMMING. ANAL SEX. RIMMING. SHARING NEEDLES. RIMMING... AND RIMMING. [get it?!]

## • SYMPTOMS INCLUDE: FLU. PAIN

in the gut. DARK COLORED URINE. THESE SYMPTOMS CAN SHOW UP BETWEEN 15-50 DAYS OF EXPOSURE AND CAN LAST UP TO 5 WEEKS.

• **TREATMENT:** There's no cure for Hep A, but there are meds to help prevent illness. Most people fully recover in no more than 6 months. [And once you've recovered, you're immune to Hep A and can no longer spread it.]



♥ ASK YOUR DOCTOR FOR A VACCINE AND ALWAYS USE PROTECTION FOR ORAL/ANAL SEX.

# HEPATITIS B.

THIS FORM OF HEPATITIS IS MOST CLOSELY ASSOCIATED WITH SEXUAL TRANSMISSION...IT CAN CAUSE CHRONIC LIVER DAMAGE AND DEATH. [ABOUT 4,500 EACH YEAR.]

## • POPULAR FORMS OF TRANSMISSION

ARE: SEMEN. VAGINAL FLUIDS. BLOOD. FECAL MATTER. SALIVA. 2/3 OF CASES ARE SPREAD SEXUALLY, BUT IT CAN ALSO BE CONTRACTED BY SHARING NEEDLES, SNORTING UTENSILS AND BEING BORN TO AN INFECTED MOTHER.

• **SYMPTOMS:** ARE THE SAME AS HEP A, BUT MAY ALSO INCLUDE HIVES, CLAY-COLORED POOP, AND/OR ARTHRITIS. 1/2 OF INFECTED ADULTS NEVER SHOW SYMPTOMS, BUT IF THEY DEVELOP IT USUALLY HAPPENS AROUND SIX-TWELVE WEEKS AFTER EXPOSURE.

• **TREATMENT:** ASK YOUR DOCTOR FOR A BLOOD TEST. [IT MAY TAKE 2-8 MONTHS FOR HEP B TO SHOW UP ON A TEST.] IF IGNORED, HEP B CAN CAUSE CHRONIC LIVER DAMAGE AND POSSIBLY DEATH. BUT! THERE'S A VACCINE, THAT CAN PROTECT YOU FOR 12 YEARS. [HIGH RISK INDIVIDUALS SHOULD BE SCREENED EVERY FIVE YEARS.]



# HEPATITIS C.

HEPATITIS IS KNOWN FOR BEING EASILY TRANSMITTED AND AFFECTING MORE PEOPLE THAN HIV. AROUND 4 MILLION AMERICANS ARE THOUGHT TO BE INFECTED, WITH 25,000 ADDING ON EACH YEAR...



## POPULAR FORMS OF TRANSMISSION ARE:

Blood-to-Blood. INJECTION drug use. PIERCING / TATTOO NEEDLES. SHARING ITEMS LIKE TOOTHBRUSHES & RAZORS.

Hep C DOESN'T DIE WITH CONTACT FROM THE AIR, SO ANY BLOOD CARRIES RISK OF TRANSMISSION.

**SYMPTOMS:** FATIGUE. DARK URINE. ABDOMINAL PAINS. LOSS OF APPETITE. AND NAUSEA. JUST LIKE HEPATITIS B, Hep C CAN LEAD TO LIVER FAILURE AND DEATH.

**TREATMENT:** THERE IS NO VACCINE FOR HEPATITIS C, BUT THERE IS A POSSIBLE TREATMENT [WITH A 50% SUCCESS RATE.]

♥ BE CAREFUL AROUND BLOOD & SHARING DRUG WORKS.



# CRYSTAL. TINA. CRANK. SPEED. METH. CRISSY. + WEAK.

...Whatever you WANNA call it, Meth is an amphetamine that increases the release of dopamine in your body. [the chemical that sends pleasure messages to the brain.] Crystal is typically found in powder form, but can also be in pills, capsules or crystal. the most popular methods of using are smoking or injecting, or inserted into the anus. [AKA BOOTY BUMPING.] ...Meth is widely used for a million reasons... desire to have lots of sex with lots of partners, for long periods. Ability to dance for hours and hours. it's cheap. the high lasts a while. loneliness. lose all sexual inhibitions. depression... the list goes on forever! Crystal usually starts out being a social experience, but can quickly become an addiction. it may seem like the solution to all problems, but meth can lead to severe mental and physical exhaustion, depression, extended psychosis, neurological damage, liver & kidney damage, as well as other health-related issues...

## ..RISK REDUCTION:

- ♥ don't overdo it...WATCH your intake.
- ♥ don't share works. [needles. tubes.]
- ♥ eat. drink water.
- ♥ sleep. allow your body to recover.
- ♥ don't hesitate to get help.
- ♥ listen to what your body is telling you.



# PORTLAND-METRO RESOURCES!

## Multnomah County Clinic

[HIV & STD testing by appointment or limited drop-in.]

426 SW Stark st. 6<sup>th</sup> floor  
Portland, or 97204  
503.988.3700

## Clackamas County Community Health

[HIV & STD testing. By appointment and limited drop-in.]

1425 Beaver Creek Rd.  
Oregon City, or  
503.655.8417

## Washington County Health Department

[HIV & STD testing.]

12550 SW 2<sup>nd</sup>.  
Beaverton, or  
503.846.4965 or 503.846.8851

15296 SW Royalty Parkway  
Tigard, or  
503.846.4965 or 503.846.8851

## Westover Heights Clinic

[HIV & STD testing by appointment and limited drop-in.]

2330 NW Flanders Suite 207  
Portland, or 97210  
503.226.6678

## Planned Parenthood

[HIV & STD testing by appointment only.]

3231 SE 50<sup>th</sup> ave.  
Portland, or 97206  
503.775.0861

3531 NE 15<sup>th</sup> ave. Suite B  
Portland, or 97214  
503.288.8826

## Sexual Minority Youth Resource Center

[HIV testing only. First and third Friday of every month. 8:00-10:00pm]

2100 SE Belmont  
Portland, or 97202  
503.872.9664

Outside in  
[HIV & STD testing by drop-in only.]

1132 SW 13<sup>th</sup> ave.  
Portland, or 97204  
503.535.3800



**SHOP (Supporting Healthy Options for Prevention)**  
A program for people living with HIV, or at risk  
for contracting HIV, who are interested in talking  
about ways to protect themselves and their  
partners.

Up to six confidential prevention counseling  
sessions with incentives

Call for a confidential intake  
503.230.1202 or 1.888.795.7700

getclean@cascadiabhc.org  
503.224.0075

**The Trans/Identity Resource Center**  
[HIV testing only. By appointment.]

1030 SW 13<sup>th</sup> ave.  
Portland, or 97204  
503.535.3895

**Steam**

[HIV testing. Every Wednesday. 9pm-12am]  
2885 NE Sandy Blvd.  
Portland, or 97214

**The Escape.**

Portland's only all-ages gay dance club!  
[HIV testing. Fourth Saturday of every month.  
10pm-1am.]

333 SW Park ave.  
Portland, or 97204

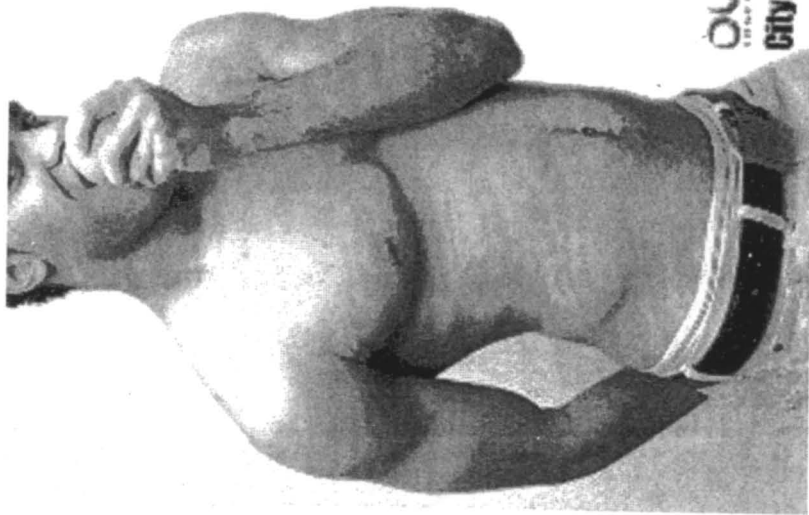
**Club Portland**  
[HIV testing. 9pm-12am.]

303 SW 12<sup>th</sup> ave.  
Portland, or 97204

Third Saturday of every month.

**ASAP Triangle Project**  
Safe, confidential Crystal Meth addiction  
treatment for gay or bisexual men.

**MORE RESOURCES!**



**Free**  
rapid HIV testing &  
free STD screening  
for guys who have  
sex with guys.


**Tuesdays 5:30-8pm.**  
928 SW Stark Street

**OUTSIDE IN**  
EXPERIENCE THE DIFFERENCE

**CityGuys** a program of

GayMen / AIDS Project

**CAAP**  
www.caap.org



# men's wellness center

928 sw Stark

Wed-Sat  
4pm-10pm

cityGuys  
a program of

Chicago AIDS Project

> CAP

# ♥ THE END ♥

THIS BEAUTIFUL ZINE WAS BROUGHT TO YOU  
BY BETH MYRICK AND CASCADE AIDS  
PROJECT. - - - - -

BETH MYRICK  
IS A PEER  
EDUCATOR AT  
CASCADE AIDS  
PROJECT... WHICH  
IS WHERE SHE  
CREATES ALL  
SORTS OF  
AWESOME SOCIAL  
MARKETING  
MATERIALS.

[LIKE BUTTONS AND  
THIS ZINE!]



IF YOU HAVE QUESTIONS FOR BETH OR JUST  
WANNA TELL HER THAT SHE'S NEAT...

BETH\_MYRICK@YAHOO.COM

...IF YOU WANT MORE COPIES OF THIS ZINE/MORE INFO  
ON CAP & CITY GUYS:

IMCDONALD@CASCADEAIDS.ORG